

Speedy Burritos

Makes: 9 servings

Ingredients

- 4 cups** potatoes (finely chopped)
- 1** onion (chopped)
- 1** bell pepper (red or green, chopped)
- 3 cloves** garlic clove (pressed or finely chopped)
- 2** egg (beaten)
- 1 teaspoon** black pepper
- 1/2 teaspoon** salt
- 1 tablespoon** vegetable oil
- 1/2 cup** cup cheddar cheese (grated, optional)
- hot sauce (as needed, or salsa)
- 9** tortillas (flour or corn)

Directions

1. In a large skillet, heat oil on medium-high setting.
2. Add onion, green pepper, potatoes, and garlic. Cook until potatoes are tender, about 10 minutes. Raw potatoes may need longer; check if done with a fork.
3. Reduce heat to medium setting, spread potato mix out to the sides of the skillet, leaving a space in the middle for the eggs. Add the eggs and scramble them until cooked (do not mix potatoes until eggs are cooked firm). Stir all ingredients together.
4. Wrap tortillas around the filling and top with salsa and cheese.

Washington State University, Eat Better, Eat Together

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	240	
Total Fat	6 g	9%
Protein	7 g	
Carbohydrates	41 g	14%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	490 mg	20%